

This summer, youth can join the fun of "Dragons, Dreams and Daring Deeds" to discover and explore medieval life in Europe. Page 3.

## First Look

### Daylight savings

European daylight-saving time begins Sunday at 1 a.m. Remember to set clocks ahead one hour before going to bed Saturday.

### Selected

Congratulations to **1st Lt. Clifford Scruggs**, 65th Operations Support Squadron, on his selection to captain.

### Easter egg hunt

Easter egg hunts are Saturday for base children. For kids up to 4 years old, 1 p.m. on the Subway lawn; 5-7 years old, 1:15 p.m. on the community activity center lawn; 8-9 years old, 1:30 p.m. in the Oceanview playground; 10-12 years old, 1:45 p.m. in the Oceanview ballpark. Volunteers are needed to show up at the CAC at 12:30 p.m. For more information, call Marco Rocha at 2-4135.

### Island pix

A photo exhibit by João Monjardino entitled "Island Jam" will be displayed in Angra's Congress and Cultural Center's main hall, between 9 a.m. and midnight through tomorrow. Admittance is free.

### Women's month

The Women's History Luncheon is at 11:30 a.m. Monday at the Top of the Rock Club. For more information about these events, call Tech. Sgt. Mary Lou Storey at 2-6282.

### Preflight

■ *Days since last DUI...* 65  
 ■ *DUIs since Jan. 1* ..... 1  
 ■ *Current AEF* ..... 3 & 4  
 ■ *Current FPCON* ..... Alpha  
 ■ *Combat Nighthawk:*  
**Capt Robert Toney**, 65th Civil Engineer Squadron;  
**Senior Master Sgt. Ray Johnson**, 65th Security Forces Squadron; **Tech Sgt. Christopher Allen**, 65th Communications Squadron



*Eeyore, Staff Sgt. Jerry Thompson from the 65th Medical Operations Squadron, talked to the children at Lajes Elementary School March 18 about National Patient Safety Week. (Photos by Staff Sgt. Michelle Michaud)*

## Pooh, Eeyore push patient safety

**By Capt. Yvonne Levardi**  
**Chief, public affairs**

Common sense says safety lessons learned at a young age will stay with a person as they grow, and the same is true for patient safety.

At least that's the goal for Capt. Tammy "Pooh" Pokorney, 65th Medical Support Squadron chief of human resources development, and Staff Sgt. Jerry "Eeyore" Thompson, Lajes Health and Wellness Center NCOIC, who visited with children in grades kindergarten-5th grade at the Lajes Elementary School March 18.

Armed with a hand-washing demonstration and dressed to entertain, Pooh and Eeyore caught the attention of the LES students as they tested their knowledge of medicine safety and hand washing.

"Who are the only people who you can take medicine from?" Captain Pokorney asked the crowds, nodding as she received answers of "Mom," "Daddy" or "doctors."

"National Patient Safety Week was March 6-12," Captain Pokorney said. "We wanted to teach them the importance of safely identifying medication, and talk about the spread of germs and the importance of handwashing."

According to Captain Pokorney, some important health practices children should learn early on include disease prevention through hand washing, recognizing that medication is not candy but can look like it, to tell their caregiver if they find a pill and to only take medicine given to them by a parent or healthcare professional.

"We want to teach our children that staying healthy begins with the choices and actions they take; wellness includes spiritual, physical and emotional well-being," the captain said.

According to the National Patient Safety Foundation, this year's National Patient Safety Week focused on "Ask, Listen & Learn: Effective communication." Goals for providers were: listen to patients; speak in simple terms and encourage pa-

tients to be a partner in their healthcare. Goals for patients were: Because medical information is often difficult to understand, to ask questions until they understand what they need to do and to become a partner with their doctor to manage their health.

According to the captain, the overall goal is to teach adults and children how to have realistic expectations of healthcare management and be partners in managing their health.

"We want the children to realize they are an active participant in their health care - and we want to open up that dialog between the children and their parents about why you should be washing your hands, why you shouldn't have medications laying around," Captain Pokorney said. "We want parents to talk to their children about prevention at home, because by bringing patient safety to the forefront in the home setting you minimize the number of patients brought to the clinic for preventable accidents."

For more information on patient safety, call Michael Coston, 65th Medical Group patient safety manager and director of quality, at 2-6768



*Kindergarten student, Jasmine McNary, was one of several students chosen to have her hands examined after learning how to properly wash them. They looked at their hands under a black light to see how clean they really were.*



## Christian Cafe

(Above) Musical performers, Miguel and Silvia Barcelos from Angra, performed during the grand opening of the new Christian café March 18. The café will be open 7-11 p.m. on the third Friday of each month at Eddies Place, located behind building T-608.

(Left) Major Marissa Lucero, 729th Air Mobility Squadron, and her son, Traugott, play Connect Four at the café. For more information about the Christian Cafe, call Jules MacFarlane at 295-549-258. (Photos by Guido Melo)

## Focus notes

### Bookmark contest

Artists ages 5-18 are asked to compete in the 2005 Bookmark Design Contest sponsored by USAFE Libraries. Doodle this and draw that around this year's National Library Week theme "Something for Everyone @ Your Library."

Designs must be black, white or grayscale.

The Lajes Base Library will select winners in four age categories: K-3, 4-6, 7-9 and 10-12 grades, and those winners will be sent on to the final USAFE wide competition.

Guidelines and entry forms are available at the base library or at [www.usafelibraries.org/5-6.php](http://www.usafelibraries.org/5-6.php). Contest begins April 1.

### Expanded hours

The Sun and Sand Hut has expanded its hours to noon-5 p.m. Sun.; 6-10 p.m. Mon.; 10 a.m.-10 p.m. Tue.-Sat.

### Basketball

The Top of the Rock vs. Bottom of the Rock tournament is at 7 p.m. Saturday in the high school gym.

### Spring BBQ

Join the Company Grade Officer Council at 5:30 p.m. Thursday at the Top of the

Rock Club for the "End of CHEER BBQ." There will be food, games and music.

### Combat Touch

All events are at the base chapel unless otherwise noted.

AWANA T&T is at 10 a.m. Saturday.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. March 19. For more information, call Chaplain (Capt.) David Knight at 2-4211.

Catholic Lent Penance service is at 7 p.m. Monday.

Good Friday/Passion & Veneration of the cross is at 3 p.m. today.

Easter vigil mass is at 8:30 p.m. Saturday. For more information about these events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

## Library offers summer reads, club help

### Courtesy of USAFE services

This summer, youth can join the fun of "Dragons, Dreams and Daring Deeds" to discover and explore medieval life in Europe. The program will highlight books and activities June-July at libraries throughout Europe.

Each week, participating libraries will offer games, crafts, or story hours to encourage kids to keep up their reading skills and provides a safe place to have fun. Library patrons simply log the books they read in their reading records, earn incentives, and are awarded certificates for participating in the Summer Reading Program. As an added bonus, USAFE library patrons will receive EXTREME SUMMER '05 game pieces for participating in USAFE library programs.

At Lajes, sign-ups for the program begin May 30 and the reading program runs June 14-July 29. Four-7 year olds meet at 10:30 Tuesdays and 8-12 year olds meet at 10:30 a.m. Thursdays.

"We'll read books and do crafts every week," said Lori Urfer, base librarian. "Every reading log they turn in will be put into a drawing for prizes at the end of the program."

The Summer Reading Program, featuring this year's theme "Dragons, Dreams and Daring Deeds," is a national program that USAFE Services libraries are bringing to the military communities in Europe. Parents are encouraged to get involved by planning family day trips or vacations to historic and walled cities, castles or medieval festivals. Throughout the summer, USAFE Services Libraries will display book collections for kids and their parents to read about medieval times, as well as travel guides for local activities.

The Lajes library will hold their end-of-summer reading program picnic July 29.

Additionally, USAFE Services Libraries are receiving more funds for books, materials and services – like wireless Internet. They've also added more pro-

grams for all ages including book clubs, "turn off the TV" night, teen mystery night, database training classes, and poetry contests.

USAFE Libraries also offers the special reading program, "Book Club in a Box," a program for readers who are interested in starting a book club but don't know how. The Book Club in a Box provides 10-12 copies of a book, discussion questions, a reading guide and tips on running a successful program. Book Club boxes may be reserved, but not for a particular time period. Each box can be checked out for six weeks. Visit the Book Club in a Box website at <http://www.usafelibraries.org/bcib.php> to read all about it, and call the Lajes library at 2-3688 to find out what boxes are available here.

For more information, visit the following web sites: USAFE Libraries at [www.usafelibraries.org](http://www.usafelibraries.org); USAFE Summer Reading Program at [www.usafelibraries.org/kids](http://www.usafelibraries.org/kids); or USAFE Extreme Summer at [www.extremesummer.com](http://www.extremesummer.com).



### Arbor day

*Bethany Meverden, fourth-grade student at Lajes Elementary School, plants a tree during the Arbor Day ceremony at the Portuguese Health Center while other fourth graders, American and Portuguese, watched Monday. About 40 American children from LES and 40 children from the Portuguese AB4 Elementary School planted 25 trees. Another Arbor Day ceremony was at building T-100, where members from the 65<sup>th</sup> Air Base Wing, Air Base No. 4, and Headquarters Azores Air Zone joined together for a tree planting ceremony. A dragon tree, that was taken from a demolition area in Lower-T housing, was transplanted near T-100 in celebration of Arbor Day. A plaque was also placed near the tree. (Photo by Guido Melo)*

# Voting assistance program kicks off with slogan contest

Federal Voting Assistance Program officials are accepting entries until July 10 for the program's latest slogan contest.

The winning slogan will be featured in the program's 2006-2007 media campaign, which will focus on increasing voter awareness among U.S. citizens worldwide and encouraging them to participate in the democratic process, officials said.

Slogans also will be posted on the program's Web site, in the 2006-2007 Voting Assistance Guide and on motivational posters, audiovisual materials and in other publications and manuals, officials said.

The aim is to promote interest in voting among people covered by the Uni-

formed and Overseas Citizens Absentee Voting Act — members of the uniformed services, the Merchant Marine, their families and all U.S. citizens residing outside the United States, program officials said.

Submitted slogans should address the importance of voting or inspire someone to vote, and people may enter as many times as they like, but contest officials request that each entry be submitted separately. A panel of independent judges will choose the winning slogan based on originality and motivational value, officials said. The contest winners and runners-up will receive a certificate signed by Defense Secretary Donald H. Rumsfeld.

People may submit their slogan by e-mail, fax or mail. It should include their full name, their service (if military), mailing address, daytime telephone number, fax number and e-mail address.

E-mail entries should be sent to [slogan@fvap.ncr.gov](mailto:slogan@fvap.ncr.gov) and should be text only, one slogan per e-mail, with contact information on each e-mail. Enter "Voting Slogan Contest" on the subject line. Because of security concerns, any e-mail message with an attachment will be deleted, officials said.

Slogans can be faxed to (703) 696-1352 or DSN 426-1352. The program's Web site, [www.fvap.gov](http://www.fvap.gov), has a toll-free fax.

## LOOK SHARP!

### Sunglasses

According to the 96th Air Force uniform board that met in June 18-19, 2003, Conservative ornamentation on nonprescription sunglasses and eyeglasses is authorized, frames may be of black or brown material or gold/silver wire, brand name glasses may be worn with a small logo on the frames of lens and the logo must be the same color as the frames or lens. Also, conservative wrap-around sunglasses with black or brown material frames that follow the same guidelines above may be worn. These are changes from Air Force Instruction 36-2903, dated Sept. 29, 2002 which said sunglasses were to be free of ornamentation on frames and lenses.

The following AFI guidelines still apply:

Conservative, clear, slightly tinted or photosen-

sitive lenses may be worn indoors or in formation. Conservative lenses and frames may be worn outdoors (faddish styles and mirrored lenses are prohibited). No sunglasses are allowed in formation and sunglasses are not worn around the neck.

### Jewelry

According to AFI 36-2903: Necklaces should be concealed under collars or undershirts.

A conservative watch (only one) may be worn.

A conservative bracelet (only one), no wider than one inch may be worn if it does not present a safety hazard.

A maximum of three rings at any time may be worn.

Body piercing in uniform: Members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue, or any exposed body part (includes visible through the uniform).

EXCEPTION: Women are authorized to wear one small spherical, conservative, diamond, gold, white pearl,

silver or black (added from the 2003

uniform board) pierced, or clip earring per earlobe and the earring worn in each earlobe must match.

The earring should fit

tightly without extending below the earlobe. (EXCEPTION: Connecting band on clip earrings.)

Civilian attire: (1) Official duty: Members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue or any exposed body part (includes visible through clothing).

EXCEPTION: Women are authorized to wear one small spherical, conservative, diamond, gold, white pearl, silver or black (change) pierced, or clip earring per earlobe and the earring worn in each earlobe must match. Earring should fit tightly without extending below the earlobe. (EXCEPTION: Connecting band on clip earrings).

(2) Off duty on a military installation: Members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue, or any exposed body part (includes visible through clothing).

EXCEPTION: Piercing of earlobes by women is allowed, but should not be extreme or excessive. The type and style of earrings worn by women on a military installation should be conservative and kept within sensible limits.

Failure to observe these mandatory provisions and prohibitions by active duty Air Force members, USAFR members on active duty or

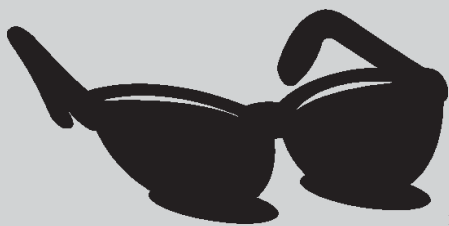
inactive duty for training and ANG members in Federal service, is a violation of Article 92, Uniform Code of Military Justice.

NOTE: (1) Installation or higher commanders may impose more restrictive standards for body ornamentation, on or off duty, in those locations where Air Force-wide standards may not be adequate to address cultural sensitivities (e.g.; overseas) or mission requirements (e.g.; basic training environments).

(2) There may be situations where the commander can restrict the wear of non-visible body ornaments.

Those situations would include any body ornamentation that interferes with the performance of the member's military duties.

The factors to be evaluated in making this determination include, but are not limited to: impairs the safe and effective operation of weapons, military equipment or machinery; poses a health or safety hazard to the wearer or others; or interferes with the proper wear of special or protective clothing or equipment (EXAMPLE: helmets, flack jackets, flight suits, camouflaged uniforms, gas masks, wet suits and crash rescue equipment).



# AF seeks Airmen for detainee operations

By Tech. Sgt. David A. Jablonski  
Air Force Print News

WASHINGTON — The Air Force needs about 100 enlisted Airmen to serve in Iraq as interrogators, analysts, and command and control specialists later this year.

Eligible volunteers from across the total force, who want to serve at the forefront of the war on terror, must be sharp and meet certain qualifications, officials said.

To be selected for this special duty, Airmen must have a current top secret security clearance, an outstanding record of performance and conduct, and be certified by their commander as having the necessary maturity and judgment to assume these responsibilities.

"This is another way the Air Force continues to contribute to the global war on terrorism," said Brig. Gen. William L. Holland, Air Force deputy director of operations and training.

Airmen accepted for interrogation duty will attend the initial interrogator course and the enhanced analyst and interrogator training courses at Ft. Huachuca, Ariz. Others selected for analyst and command and control duties will complete only portions of these courses, officials said.

After completing the training, the Airmen will report to Task Force 134 to assume duties at a detention facility in Iraq. The first group is expected to begin training in May and deploy in late fall, officials said.

Officials said they anticipate another 100 volunteers will be needed in 2006.

"One of our Air Force's greatest strengths is our ability to adapt and excel in a changing environment," said Chief Master Sgt. of the Air Force Gerald R. Murray. "Thousands of our Airmen have, and continue to demonstrate this in (Operation Iraqi Freedom) as they perform

nontraditional duties alongside other servicemembers and coalition partners. There is no doubt they will excel in these new duties just the same."

Officials said interrogators would deploy for a one-year tour of duty, with the analysts and command and control Airmen serving 179-day deployments. When coupled with the special training before deployment, interrogators can expect to serve about 18 months away from their home station.

Airmen can find additional information and volunteer via the Enlisted Quarterly Assignment Listing-Plus system until March 25. Since the Air Force does not carry an Air Force Specialty Code for interrogators, the advertisements are listed under AFSC "OXOXO (EXT TDY-IRAQ)."

Additional information on extended deployment policies and benefits can be found at [www.afpc.randolph.af.mil/procedures/ExtendedTDYs/extendedtdy.htm](http://www.afpc.randolph.af.mil/procedures/ExtendedTDYs/extendedtdy.htm).

## National nutrition month



*Capt. Laurie Flagg, 65th Medical Operations Squadron, hands a cup of fruit to Chudri Najdawi, commissary manager, Saturday. Captain Flagg served star fruit, kumquats, papaya and Asian pearsch's to approximately 50 people. In honor of National Nutrition Month, she was offering a variety of healthy foods available at the commissary. (Photo by Staff Sgt. Olenda Kleffner)*

## Cable TV at Lajes

By Lt. Col. Kimberley Ramos  
65th Communications Squadron

The installation of all AFN distribution was complete Tuesday. The transmissions for all channels will be turned off Thursday except channel 8 in order to be in compliance with an agreement with our host nation.

In Beira Mar housing, only one outlet was wired for cable. When the frequencies is turned off, the second outlet in Beira Mar residences will not work. Additional outlets for Beira Mar residences will be coming with a planned housing upgrade.

In Nascero do Sol, two outlets were wired for reception, one in the living room and one in the master bedroom.

The 65th Civil Engineer Squadron is working on funding to increase the number to all outlets in all residences.

It's possible to reconfigure the cabling so all outlets will work. However, this will degrade the signal for everyone because the system is only designed to handle two televisions per residence. It will also void the warranty and residents who do this can be charged to return it to specifications.

In addition, when CaboTV starts to offer digital cable in May, customers may subscribe to 38 channels.

Subscriptions will be taken at the Portuguese terminal where individuals currently pay their ADSL and phone bills.

A customer will need to lease or purchase a digital decoder box in order to receive the additional channels. There will be a monthly fee for this service.

## At Their Best

The Jenner Award for the USAFE Weather Civilian of the Year for 2004 was awarded to **João Carlos Goulart Alves**, 65th Operations Support Squadron.



## It's time to own Up!

**By Lt. Col. Joe Martin**  
65th Logistics Readiness  
Squadron commander

Maybe it's just me, but recently the phrase "own up" has been coming up a lot in my life. Many times it has been in relation to a mistake I made, or – in my case as a supervisor and a commander – a mistake I directed someone else to make.

Regardless, it's time for each of us to "own up."

Case 1: My wife and I have been married for over 14 years and our fifth daughter may be born before this article is published. (...and yes, we do know what causes this!) Hence, as a father of 12, 10, 8 and 2 year old girls I get the chance periodically to notice when things around the house are amiss.

For example, just yesterday I asked "who left the orange peel on the counter?" Well, even the least astute detective in the

world knows that all you have to do is look to see who is eating an orange, and there is your culprit. So when I asked, the culprit (my 12 year old) immediately owned up and promised to clean it up.

See, if it's easy to get caught, it's also easy to "own up." But minutes later when I asked who left the door open, the blank "not me" stares were everywhere.

When I asked a second time from the other room, there was still no response except for the pitter-patter of little feet sneaking across the room to shut it when I wasn't looking. See, sometimes people need a second chance to "own up."

Case 2: A couple weeks ago the members of my squadron embarked on a "demolition day" in which we tore down some unused offices inside two warehouses.

This was an absolute blast! Unfortunately and despite my best intentions, we had apparently not completed the proper

coordination and the 65th Communications Squadron had not had a chance to remove some of their gear. Well, I "assumed" they had and that this stuff was trash...so that is exactly where it ended up.

Imagine my surprise to see two very angry looking Comm guys trying to figure out what happened to their accountable equipment items. It was time to "own up."

Let the chips fall where they may, I did it ... honestly, I was the person who tore it off the wall. See, the other thing is "unlike wine, bad news does not get better with age."

Case 3 and 4: As a commander, I am charged with upholding the standards the Air Force has established for dress and appearance.

I recently had separate discussions with both an officer and an enlisted member in which that person's weight came up. When asked by the officer what I

thought of how she/he looked in uniform, I knew it was time to "own up" again.

She/he did not look good...why? Probably because God created everyone differently, and some people just have to work harder to look sharp—but everyone can do it.

When the same discussion came up with the enlisted person, I simply told them that regardless of their passing PT score, they will never walk across a stage and proudly represent their squadron so long as their physique looks the way it does.

You want the people in the audience to notice the award you won, not the stress on your seams or buttons! When I spoke to each of them, I learned that sometimes "owning up" is uncomfortable.

So "own up!" Not once in a while, not just when people are looking, not when it's easy and comfortable. "Own up" every time!

## How many wingmen does it take?

**By Chief Master Sgt.**  
**Cathi Durick**  
65th Air Base Wing command  
chief master sergeant

I am compelled to tell you this story—it's true. One day not too long ago, I was talking to one of our Airmen about the Air Force Fitness Program, and he told me about several folks in his squadron who on PT days, couldn't keep up with the group. They ran too slow, couldn't pass their test, etc.

I asked him why he didn't run with some of the slow ones since he is a great runner. His answer was, "Why should I forfeit my workout for them?" That was then...

Since then, the Combat Wingman Program was introduced to Lajes and our

Lajes Team embraced the program with open arms.

Our people are taking care of each other every day and making a commitment to do so.

Perfect example: I was heading out to the AEF Ramp to do PT with the wing staff, and I ran into one of our First Sergeants.

I figured he was there to do PT also, but he told me he was there to cheer on one of his Airmen who was getting ready to go PCS; he had been having trouble passing his fitness test and he was there for moral support.

As we worked on our sit-ups and pushups, his group did their run. As we were getting ready to begin our run, their group finished up.

There was a bunch of cheering, lots of pats

on the back, and we saw many, many smiles on the faces of the runners.

I knew at once that the young Airman had passed his test.

What I didn't know, was he was the only one testing.

There were at least 20 people running out there with him, including the commander! Some ran the whole way, others made it like a relay race, taking parts of the loop and encouraging the Airman to keep going the entire way.

I can only imagine, that the bond he has with his fellow teammates must be incredible.

Our wingmen are taking this seriously and taking care of each other.

This is another reason I am so very proud to be part of the Lajes Team!

CROSSROADS

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# Women do make changes

**By Stefi Lopez**  
**8th grade student**  
**Lajes Middle School**

Who do you think of when you hear "Women who change America?" Julia Roberts, Beyonce, Cher? Ha ha ha, very funny.

How about Rosa Parks, Amelia Earhart or Oprah Winfrey? What about your mama, grandma, sister or girlfriend?

Well, that's who we're going to discuss. I'm going to write about our female relatives.

## Moms

Those ladies brought us to earth. They are who tend to complain how you tuck in your shirt or how you wear your hair. When you're going to spend the night at

someone else's house, she'll ask you if you remembered to pack fresh "undies" and your deodorant.

You might not think much of it, but with every success that some people make, there's almost always a woman right next to them each step of the way.

Whatever we do, our moms seem to keep on our heels.

They keep us in check. Some people think of women as stay-at-home-moms or assume that cleaning, cooking and taking care of the house is all that women are for.

We've made our mark as famous doctors, religious women, pilots and telephone operators.

Just ask Grandma.

## Grandma

Those sweet old ladies who bring you cookies and milk. The ones who kiss your boo-boos and give you a warm quilt and chicken soup when you're sick. They tell you all those wacky stories too. Storytelling isn't just for grandpas you know. Grandmas will tell you about the women who served in the war and how life was "way back then," the nurses, doctors and just regular women, volunteering in the Air Force.

The women back in the 1700s sewing clothes, cooking and supporting the soldiers.

## Famous people

Amelia Earhart, was the first woman to circumnavigate the world in an airplane.

Rosa Parks, stood her

ground on the bus when a caucasian ordered her to get up and move.

Then there is Oprah Winfrey who, every year, donates money, toys, food, gifts, cars and much more to the needy.

Jane Goodall died helping orangutans and chimpanzees. Poachers killed her when she tried to defend the poor mammals.

There was Eleanor Roosevelt who was more than just the First Lady, she was a woman in command.

And Betsy Ross sewed our first flag.

Okay, so here's a quick review. We talked about our moms, grandmas, famous people and just regular people. So maybe in a few years we might see a female president.

# *Wingmen at home are not forgotten*

**By Tech. Sgt. Scott T. Sturkol**  
**416th Air Expeditionary Group**  
**Public Affairs**

KARSHI-KHANABAD AIR BASE, Uzbekistan — In an Air Force Policy Letter in November 2004, Gen. John Jumper, Air Force chief of staff, asked all Airmen, "Who's your wingman?"

In the deployed environment, the importance of a wingman is critical, especially when it means helping take care of your fellow Airmen and others around you.

While I am deployed, I have my command chief, my commander, the chaplains and many more people here as my wingmen. But at home, there are many important wingmen we should never forget.

When I refer to wingmen at home, I am talking about the wingmen who help us get through our every day life. For me it is family, friends, co-workers, leaders and others that I am surrounded by in my life.

My top wingman is my wife. No one can imagine or measure the strength of this person to me in heart and soul.

She has been my wingman for nearly 13 years now and it is during deployments, like the one I am on right now, where I truly realize her strength as a wingman.

She not only is in charge of the home front while I am gone, she also lifts my

spirits every time I talk to her and think of her while I am on the other side of the world.

A loved one always can do that for people like me. I also know many of the people I am deployed with have the same sentiment about their own wingmen at home.

The wingmen at home don't just have to be our spouses. They also can be significant others, a parent, a child, a good friend or a co-worker.

There are people who are always there to listen or help us learn. That is the beauty of having wingmen in your life.

My life in the military has had its ups and downs — no career is ever perfect. But having your wingmen around you really helps you through the tight spots.

I know, for instance, when I leave my home base and come on a deployment, I leave a vacancy people in my office must fill.

My fellow Airmen who fill that void with the extra duty resulting from my absence never let me know that they may have had to work extra hours to fill that gap.

On top of that, my fellow Airmen take extra time to call my family, give them help if they need it and even give help when they don't ask for it.

They just give it. That is good wingmanship!

I know how it works at home. Many a

time, when my fellow Airmen were deployed and I was not, I knew I had to step up and do everything I could to support them.

A shoveled driveway or a mowed lawn for someone whose servicemember is gone means a lot.

The wingmanship on the home front is something I have tried to teach to all of my children, and grandchildren for that matter.

All my daughters and my son, my two granddaughters, and those in my close family circle know how important it is to take care of each other and of those who aren't in our family.

If someone needs help you give it. You become a good wingman for your efforts.

My children understand that and I am so proud of them for it.

I still have a bit of time left on this deployment and I know that my work here is important.

Every day, whether they know it or not, my wingmen at home are thought of and appreciated.

I know that where I am and what I do cannot be done as successfully without the support from home from those wingmen.

Those of you, who are not deployed, do not think you aren't in the fight because you are.

We cannot, and will not, forget our wingmen at home.

# Holy Ghost festival

Every year, spring brings with it nice weather and the festival season. One festival of particular interest to newcomers is the celebration of the Holy Ghost in the Azores.

This religious celebration begins Easter Sunday and runs for eight weeks until Pentecost and Trinity Sunday.

This ancient religious tradition began on mainland Portugal around 1296, by initiative of Portuguese Queen Isabel. She founded the first Holy Ghost brotherhood whose intent was to honor the poorest man in the kingdom. According to the tradition, every year the poorest man in the kingdom was placed on the king's throne and crowned "emperor" for one day during a religious

ceremony held in his honor in the royal church.

Following the crowning ceremony, a royal procession took the crowned man from the church to the palace, where a banquet was then offered in his honor. Considered an act of humbleness, the tradition was first introduced in the Azores through the first settlers around 1432 and practiced through subsequent generations.

Though the tradition has disappeared in the mainland Portugal, it is still actively celebrated in the Azores, as well as in Azorean communities in the United States (California, New England, Hawaii), Canada and Brazil.

Although royalty and noblemen originally celebrated this religious event, over time, the common people adopted it and silver crowns replaced the royal crown. Traditionally, during natural catastrophes like volcano eruptions and earthquakes, or when someone is seriously ill, the Azorean people carry the Holy Ghost crowns to the churches and pray for the Holy Ghost to save them.

If their prayers are answered, they host a week-long festival to honor the Holy Ghost.

During the season, some members of the brotherhood – previously selected by lot – are given the honor of keeping the Holy Ghost crowns, flags and other ornaments at their homes in a wooden altar decorated with white paper and flowers for one week.

In the evenings, festival hosts, relatives and other guests gather in front of the altar to pray the rosary and worship the Holy Ghost.

Then, on Thursday or Friday afternoon,



*Local villagers participate in Holy Ghost parade after the Holy Ghost Silver Crowns were blessed by the priest during mass. (Courtesy photo)*



it's time for the "festa do bezerro" (festival of the calves). The calves, usually two, are fetched from the pastures where they have been grazing year-round and are paraded through the village streets after being garlanded with flowers, paper ribbons and cowbells. The calves usually lead the parade followed by the hosts, guests, musicians and singers.

Later in the evening, the calves are slaughtered and their meat is divided in different portions. Some is saved for the Sunday, while the remaining is given as alms to relatives and the village's poorest people.

On Sunday — probably the most awaited day — activities start early in the morning with preparation of the food to be served later. At around 11:30 a.m., guests start arriving at the hosts' house and the Holy Ghost parade heads toward the church with the crowns and flags for the crowning ceremony during Mass.

After the priest blesses the crowns and selected individuals – usually the hosts' children or the hosts themselves – are "crowned," the procession heads back to the house through the village main streets with the honorees wearing the crowns.

Later in the afternoon, hundreds of guests take a seat for the Holy Ghost banquet that is served with the Holy Ghost soup, boiled beef, alcatra, sweet bread and the local wine "vinho de cheiro." Alcatra is a traditional local dish made of beef, smoked bacon, onions, and other spices, all slow-roasted in an oven after being marinated in red or white wine for several hours.

The last event of the day and of the long week is when the hosts and guests take the crowns and flags, again in a parade, to the next honoree's home, where a similar celebration begins for a new family.

# Pets are family too

## *Understanding the Lajes pet microchipping program*

**By 1st Lt. Aaron Wiley**  
**Deputy Chief, public affairs**

Pets are like members of the family for most pet owners, so when they get lost or come up missing, it is normal for owners' anxiety levels to rise.

Ultimately the pet owner is responsible for the well-being of their pet, but the Lajes pet microchipping program can help members of the community when they come upon a domesticated animal that looks lost or is running loose.

Community members should always first consider the safety of approaching an animal or taking in an animal that is unfamiliar to them, said Janelle Lugar, the on-call animal caretaker at the Lajes Atlantic Island Kennels.

"I've been bit by too many animals," she said. "It's best to let the security forces decide how to retrieve the pet safely. We've had people call in and say there's a loose animal in an area (in base housing), and security forces will go out and look for it."

Whether the pet is in the finder's possession or not, the number to call to report loose animals 24/7 is the 65th Security Forces Squadron Security Defense and Coordination Center at 2-3222 or 295-57-3222.

Once the call is received at the SDCC, the Portuguese Polícia Aérea or a joint patrol of Portuguese and U.S. security forces will respond and bring a scanner that can read pet microchips, said Staff Sgt. Lawrence Couto, 65th Security Forces Squadron NCOIC of physical security operations.

"If the pet has been microchipped, we can use it to find the pet's owner on the master list that we get from the vet clinic," he said.

Per Lajes Field Instruction 31-2, all American pets are required to have the microchips as part of their registration 72 hours after arriving on the island or becoming a pet in base housing, and can receive the American Veterinary Identification Device microchip here for \$15, Nichole Cowell, veterinary clinic secretary said.

"The microchip is about the size of a grain of rice and is injected under the skin on the back of the neck," she said. "The microchip should work in England, Australia, Canada, the U.S., and all military bases and embassies scattered throughout the world."

According to the AVID website, [www.avidid.com](http://www.avidid.com), the microchip is a tiny computer chip which has an identification number programmed into it and is

encapsulated within a biocompatible material. The whole device is small enough to fit inside a hypodermic needle and can simply be injected under the skin of pets of any age, with minimal discomfort and without anesthesia, where it will stay for the life of the animal.

This provides a permanent, positive identification which cannot be lost, altered or intentionally removed to safely protect a pet against loss or theft. The computer memory in the AVID microchip contains a unique number, so no two animals will ever have the same number, and a radio signal is used to read this number, all of which takes place in 40 milliseconds.

"Having your pet chipped is a very good way of finding your pet if it's lost. It also helps to lessen the number of strays and abandoned pets," said Mrs. Cowell. "(In participating countries) if your animal is brought to a humane society, your pet will not be put to sleep until they have contacted AVID to get the owner's contact information."

If someone loses their pet or finds a pet that has been microchipped they can call the company at 1-800-336-2843. When someone moves with a pet, it's their responsibility to make sure they notify the microchip company of their new address, she said.

"When we move, we just get on the microchip website and change our contact information, that way if someone finds our pet they know where to find us," said Jodi Dean, manager of Lajes' Atlantic Island Kennels.

Any animal that isn't chipped here and is found, will be sent to the Angra shelter, she said.

Once the owner has been identified as an American, the security forces will attempt to contact the owner, said Master Sgt. Jimmie Davis, 65th SFS superintendent of operations.

"If we can't get a hold of the owner, we'll contact the vet clinic or bring the animal to the kennels where the animal will be held at the owner's expense," Sergeant Davis said.

However, space at the kennels is limited for microchipped animals whose owners can't be contacted. According to Mrs. Dean, there is an isolated area that can be used to hold the animal until the veterinary clinic can determine the animal's vaccination history. If the



animal's history cannot be found, Staff Sgt. Troy Livingston, the technician at the veterinary clinic, will vaccinate the animal at the owner's expense, she said.

"The girls working at the clinic are such animal lovers that we'll try to take care of them," Mrs. Dean said. "But we can only keep them for about three days."

According to LFI 32-1, the veterinary treatment facility provides euthanasia services if a microchipped stray or abandoned animal's owner cannot be contacted after three duty days. After three duty days, microchipped stray or abandoned animals can also be adopted on a first come, first serve basis.

To avoid such incidents, pet owners should take the necessary steps to protect their animals, Mrs. Dean said.

"People can leave their pets at the kennel when they go on vacation," she said. "However, pets of people who are PCSing or TDY will have priority over vacationers."

Another option is for vacationers to leave their pets with friends when they are away from the island, she said.

"But it's a good idea for someone going on vacation who's leaving their pet with a friend to fill out a pet emergency information card and leave it with the kennels in case their pet gets lost or injured while they are away," said Mrs. Dean. "This way if the pet is brought here, we can contact the person responsible for watching it while you're away."

For more information on the pet chipping program at Lajes call the Veterinary Treatment Facility at 2-3134 or the Atlantic Island Kennels at 2-3855. For pets that are lost and have not been microchipped, call the Angra Kennels at 295-216-722.

## Sports briefs

### Hours of operation

#### Chace Fitness Center

5 a.m.-2 a.m. Mon. - Fri.  
8 a.m.-7 p.m. Sat. & Sun.  
8 a.m.-2 a.m. down days  
& holidays

#### Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m.  
Mon.-Fri. squadron/unit use only  
8:30 a.m.-4 p.m. & 5-9 p.m. Mon.-Fri. general use  
8 a.m.-7 p.m. Sat., down days & holidays

### Ridge runners

The Lajes Ridge Runners will run in the lower hills of Santa Barbara near Altares Saturday. The total distance is variable from 3.5-6 miles. The surfaces are mostly paved with some gravel and hard-pack. Meet at 9 a.m. at the Community Activity Center rain or shine to carpool to the site.

### Challenge match

A Top of the Rock vs. Bottom of the Rock basketball tournament is at 7 p.m. Saturday in the high school gym. To sign up, call Staff Sgt. Eric Ross at 2-6126 by March 24. DJ, Senior Airman Jovan Thomas, will keep the tunes jamming throughout the tournament.

### Attention spinners

The evening spin classes on Monday and Wednesday in the annex has been moved to 5:15 p.m.

### Youth ball

Register by April 10 at the youth center for the April-June youth baseball leagues. Youth ages 5-18 can sign up at the youth center. Volunteer coaches and officials are needed for this program. Cost is \$25/members and \$35/non-members. For more information, call Jolene Wilkinson at 2-1197.

## Walk-a-thon



About 150 Team Lajes members participate in a walk-a-thon at the Family Support Center March 18. The walk-a-thon celebrated Women's History month. (Photo by Airman 1st Class Josie Kemp)



## Undefeated

Sharon Washington #8, 729th Air Mobility Squadron, volleys the ball over the net as a player from the 65th Operations Support Squadron attempts to block her. AMS won the first two games of the night against OSS, making it a short night for both teams. AMS is the only undefeated team in the volleyball league this season. (Photo by Staff Sgt. Olenda Kleffner)

#### Intramural volleyball standings

Team:	W	L	T
AMS	9	0	0
AB4	7	1	0
CES	7	2	0
LRS	6	2	0
LRS/TRANS	4	5	0
SMAC#2	4	5	0
COMM	3	6	0
MED GP	2	7	0
SMAC#1	2	7	0
OSS	0	9	0

